



CROSS COUNTRY FITNESS

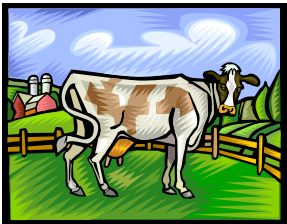
April 2008

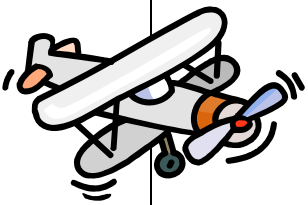
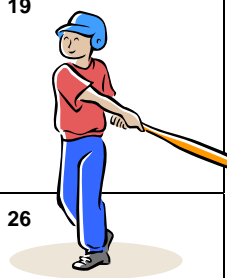

FUN FACT

How many bones does an adult human body have?

The adult human body has 206 bones.

Strengthen your bones by drinking milk and eating other low-fat dairy foods like cheese or yogurt. They all contain calcium and vitamin D which helps bones harden and become strong. Daily activity also helps bones, so stay active!



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		1 Basketball was invented in Massachusetts. <u>Play a game of basketball with a friend.</u>	2 Missouri is known as the Show Me state. <u>"Show me" your three best muscle poses.</u>	3 The average age of the people in Wyoming is 36. <u>Do 36 side to side jumps.</u>	4 North Carolina had the first Wright Brothers' flight. <u>Spread your wings and FLY.</u>	5
6	7 Oregon was the 33 rd state to enter the union. <u>Do 33 shoulder rolls.</u>	8 Texas is the Lone Star State. <u>Be a star and jog for 2 minutes. Take your pulse.</u>	9 The pro basketball team in Utah is the Jazz. <u>Do your best jazzy dance to your favorite song.</u>	10 Alabama entered the union on December 14, 1891. <u>Do 14 sit-ups and 14 lunges.</u>	11 Sabula is Iowa's only town on an island. <u>Pretend to swim 100 strokes. Now backwards!</u>	12 Being fit is fun!
13	14 Colorado has 222 state wildlife areas. <u>March in place for 222 steps. You can do it!</u>	15 Delaware's motto is Liberty and Independence. <u>Be independent! Reach above your head 25 times.</u>	16 Hebron, Nebraska has a porch swing that can sit 25. <u>Do 25 sit-ups and 25 push-ups.</u>	17 A major industry in Hawaii is sugar. <u>Jog 300 steps to burn calories.</u>	18 Baseball great Joe DiMaggio was from California. <u>Play catch with a friend.</u>	19 
20	21 Virginia was the 10 th state to enter the union. <u>Do 10 leaps. How high can you fly?</u>	22 Idaho is known as the Spud State. <u>Don't be a couch potato – march 200 steps in place.</u>	23 There are 105 counties in Kansas. <u>Jump rope 105 times. Repeat.</u>	24 The first traffic light was in Ohio in 1914. <u>Play "Red Light, Green Light" with friends.</u>	25 Vermont has the smallest state capitol in the US. <u>Do 25 BIG jumping jacks.</u>	26 
27 <i>Ask your school about daily Physical Education classes.</i>	28 Maine has 17 million acres of forest. <u>Take a ball around your waist 17 times each way.</u>	29 The largest fossil of Tyrannosaurus Rex was found near Faith, South Dakota. <u>Walk 50 BIG steps.</u>	30 Oklahoma has the National Cowboy Hall of Fame. <u>Do 50 gallops on each leg.</u>	